

## Teaching Children about the Food Groups: Fruits

Fruits are good sources of vitamins and minerals. Fruits also bring color and sweetness to meals. Serving a variety of fruits that are in season can expose children to new fruits. Try serving familiar fruits as well as fruits that may be less familiar to children, such as kiwi, mango, berries, melons, apricots, and nectarines.

### Talk to children about the fruits they eat in childcare and at home.

- Post a piece of chart paper on an easel or on the wall. Ask children to name fruits they have tried. Draw a picture of each fruit they mention. Write the name of the fruit next to the picture.
- Ask children to describe the shape, color, texture, and flavor of each fruit.
- Tell them that the nutrients found in fruits perform the following functions in the body:
  - o Fruits help prevent colds.
  - o Fruits help heal cuts.



### Use these activities to help children identify fruits.

#### Activity: Grab Bag

##### Preparation

1. Cut out pictures of fruits from magazines.
2. Glue them on construction paper to make picture cards.
3. Place the picture cards in a brown bag.



##### Conduct the activity.

1. Ask children to take turns taking a card out of the bag.
2. Ask them to identify the fruit and tell one characteristic to describe it (for example, color, shape, or taste).
3. Ask children to return the card to the bag and pass to another child.

Note: This activity can also be done with actual fruits rather than picture cards.

# Mealtime Memo FOR CHILD CARE

## Activity: Fruit Hunt



### Preparation

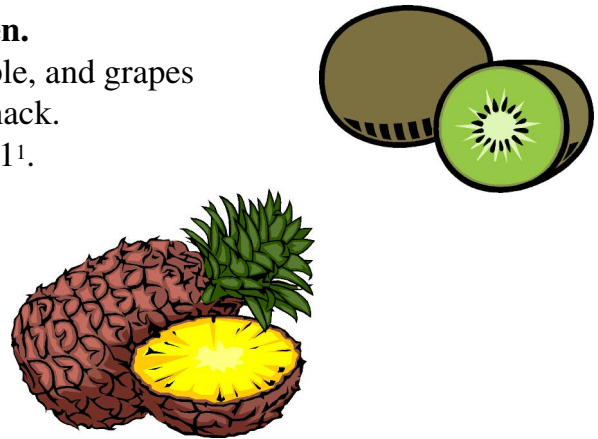
1. Gather a variety of fruits or pictures of fruits. You can use the picture cards from the Grab Bag activity.
2. Hide the fruits or pictures of fruits around the classroom.

### Conduct the activity.

1. Tell children that they are going on a fruit hunt.
2. Ask one or two children at a time to look for a hidden fruit or picture of fruit.
3. When they find a fruit, ask them to tell the name of the fruit and to describe it (color, shape, texture, and taste).
4. Repeat with additional fruits.

### Try these creative ideas for serving fruits to children.

1. Make fruit kabobs with fresh strawberries, pineapple, and grapes cut in half. Serve with yogurt for a reimbursable snack.
2. Serve fresh pear slices with Peanut Butter Dip G-01<sup>1</sup>.
3. Serve an unfamiliar fruit, such as kiwi, alongside a familiar fruit, such as orange sections.
4. Make yogurt parfaits with yogurt, granola, and fresh berries or canned mixed fruit.
5. Serve a fruit salsa, such as mango or pineapple salsa, with chicken.



### Fruit Book List

- Ten Apples Up on Top by Dr. Suess
- From Oranges to Orange Juice by Kristin Thoennes Keller
- *From Apples to Applesauce* by Kristin Thoennes Keller

# *Mealtime Memo* FOR CHILD CARE

## Recipe

Try this delicious recipe for cherry crisp.

### Cherry Crisp B-10<sup>1</sup>

Enriched all-purpose flour	1 ½ cups 1 Tbsp
Rolled oats	1 ¾ cup
OR	OR
Rolled wheat	1 ½ cup
Brown sugar, packed	1 cup
Ground cinnamon	¼ tsp
Salt	¼ tsp
Margarine or butter	1 cup
Canned red tart cherries, pitted, with juice	1 qt 1 ½ cups
Reserved cherry juice	½ cup
Sugar	¾ cup
Frozen orange juice concentrate	3 Tbsp
Cornstarch	3 Tbsp
Water, cold	2 Tbsp



Combine flour, rolled oats or rolled wheat, brown sugar, cinnamon, salt, and margarine or butter. Mix until crumbly. Set aside. Drain cherries, reserving ½ cup juice. Set aside.

Coat 9" x 13" x 2" pan with pan release spray. Place 1 qt 2 Tbsp cherries into pan. Combine reserved cherry juice with sugar and orange juice concentrate. Heat juice mixture over medium heat for 2 minutes. Combine corn starch and water. Stir until smooth. Add cornstarch and water to juice mixture. Cook over medium heat, stirring constantly, until thickened, 3-4 minutes. Remove from heat and stir well. Pour 1 cup juice mixture into pan over cherries. Sprinkle topping evenly over cherries.

Bake until topping is browned. Conventional oven: 425 °F for 20 minutes. Convection oven: 350 °F for 25-35 minutes. Cool. Cut 5 x 5 (25 pieces).

Number of servings: 25

Serving size: 1 piece provides ¼ cup of fruit.

<sup>1</sup>USDA Recipes for Child Care. Available online at [www.nfsmi.org](http://www.nfsmi.org).

# Mealtime Memo FOR CHILD CARE

## Breakfast Menus

Monday	Tuesday	Wednesday	Thursday	Friday
Corn flakes cereal Banana slices Milk	Whole-grain bagel with fruit spread Orange juice Milk	Pancakes A-12 <sup>1</sup> with margarine and syrup Kiwi slices Milk	Whole-grain English muffin Baked Scrambled Eggs D-15 <sup>1</sup> Grapes cut in half lengthwise Milk	Whole wheat toast with peanut butter <sup>2</sup> Diced peaches Milk

## Lunch Menus

Monday	Tuesday	Wednesday	Thursday	Friday
Turkey pita sandwich on whole wheat pita bread Minestrone H-12 <sup>1</sup> Pineapple rings Milk	Oven Baked Parmesan Chicken D-05 <sup>1</sup> Vegetable stir fry with yellow squash, zucchini, and carrots Diced apricots Breadstick Milk	Peanut butter <sup>2</sup> and jelly sandwich on whole wheat bread Lowfat mozzarella cheese stick Apple slices Carrot sticks Milk	Vegetable Lasagna D-27 <sup>1</sup> Diced pears Milk	Broccoli Quiche D-08 <sup>1</sup> Plum Milk

## Snack Menus

Monday	Tuesday	Wednesday	Thursday	Friday
Nachos G-03 <sup>1</sup> Milk Water <sup>3</sup>	Graham crackers with peanut butter <sup>2</sup> Water <sup>3</sup>	Carrot sticks with light Ranch dressing Cheddar cheese Water <sup>3</sup>	Apple slices Peanut Butter Dip G-01 <sup>1, 2</sup> Water <sup>3</sup>	Whole Wheat Muffin Squares A-11A <sup>1</sup> Milk Water <sup>3</sup>

<sup>1</sup>USDA Recipes for Child Care. Available online at [www.nfsmi.org](http://www.nfsmi.org).

<sup>2</sup>Sunflower butter can be substituted for peanut butter.

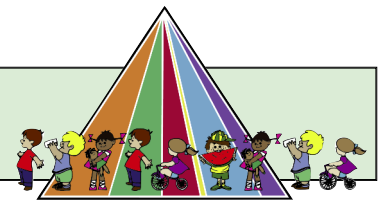
<sup>3</sup>Water is suggested as a beverage for all snacks even when other beverages are offered to encourage children to drink water.

# *Mealtime Memo* F O R C H I L D C A R E

## Sources

- National Food Service Management Institute. (2004). *More than mudpies: A nutrition curriculum guide for preschool children (4th ed)*. University, MS: Author.
- U. S. Department of Agriculture, Food Nutrition Service, & National Food Service Management Institute. (2005). *USDA Recipes for Child Care*. Retrieved January 5, 2008, from <http://www.nfsmi.org>
- U. S. Department of Health and Human Services, & U. S. Department of Agriculture. (2005, January). *Dietary Guidelines for Americans, 2005 (6th ed)*. Retrieved January 30, 2008, from [www.healthierus.gov/dietaryguidelines](http://www.healthierus.gov/dietaryguidelines)

**Subscribe to *Mealtime Memo for Child Care* online at [www.nfsmi.org](http://www.nfsmi.org) and receive the link to download the newsletter via e-mail each month!!**



This project has been funded at least in part with Federal funds from the U. S. Department of Agriculture, Food and Nutrition Service through a grant agreement with The University of Mississippi. The contents of this publication do not necessarily reflect the views or policies of the U. S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U. S. Government. The University of Mississippi is an EEO/AA/Title VI/Title IX/Section 504/ADA/ADEA Employer.

**For more information, contact NFSMI at 800-321-3054 or [www.nfsmi.org](http://www.nfsmi.org).**